

## MESSAGE FROM THE PRESIDENT

### MESSAGE FROM PRESIDENT CARON

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Tansi everyone,

As June begins, I extend my warm greetings to each and every one of you. Reflecting on the accomplishments of May fills me with pride as we witnessed significant achievements and steps forward for the Métis National Council and the Nation as a whole. Our unwavering commitment remains the same: the Métis way to serve and support all our Governing Members with honesty, integrity, and transparency.

Last month we had our Health Leaders Meeting, the first of many Leaders' Committee Meetings that will bring together your elected representatives that hold specific Ministerial or Secretarial portfolios to enhance collaboration in many areas of focus. We also had two Board of Governor Meetings with all of our Governing Members where we work collaboratively and in good faith to advance the needs of Métis citizens across the Homeland. I am incredibly proud of what we have accomplished and what we will continue to accomplish together.

This past month, I made an important announcement. It is after much reflection and careful consideration that I will not be seeking re-election as President of the Métis National Council. Elected in September 2021, I committed to rebuilding the MNC and, three years later, I am proud of our achievements. We transformed the MNC into a transparent, accountable, and effective organization, restored its credibility, and re-established key relationships.

We have embedded collaboration, highlighted critical issues, and shared our diverse stories. As the youngest and first woman President, I am proud to continue the legacy of young Métis leaders and reinstitute women's voices in our leadership.

## LATEST NEWS IN THIS ISSUE:

- ∞ MESSAGE FROM THE PRESIDENT
- ∞ ONE NATION. MANY STORIES.

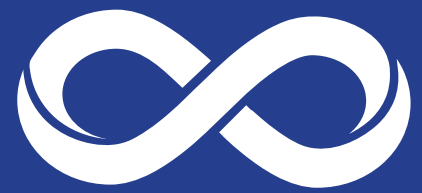
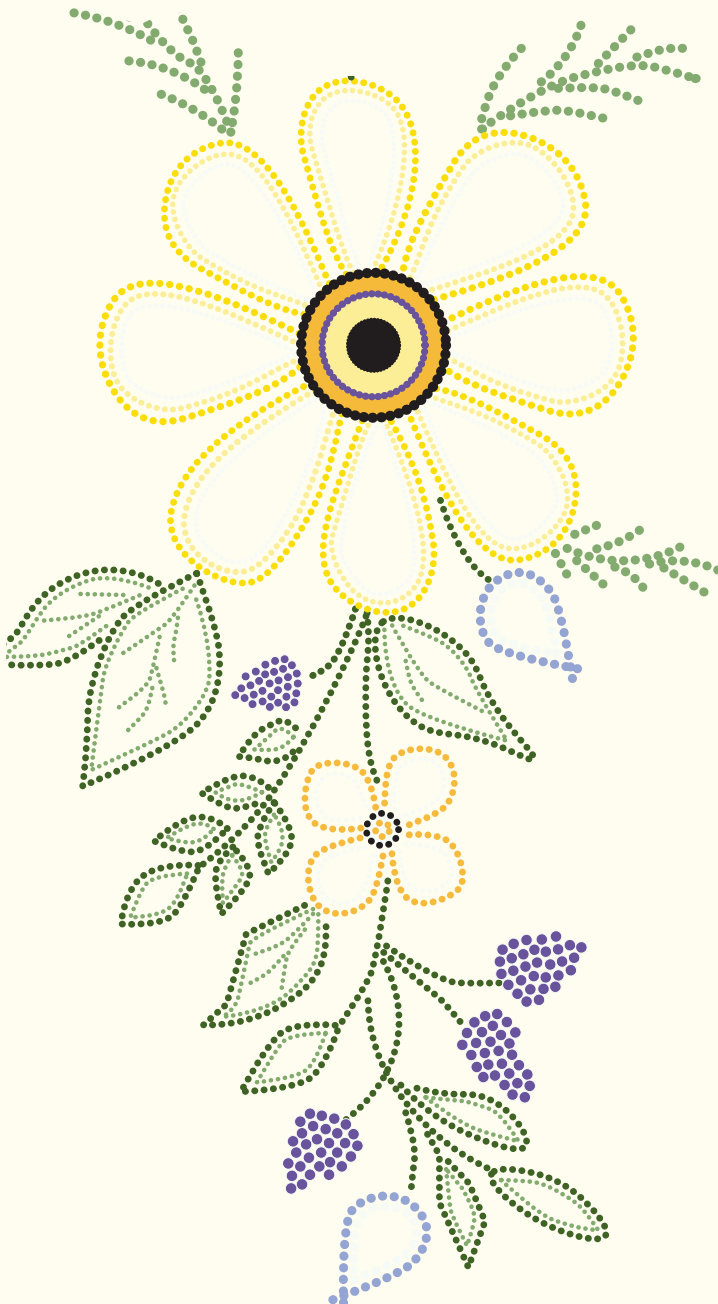


Serving in this capacity has been the honour of a lifetime. While I intend to continue serving in new ways, it is time for me to redirect my dedication to my growing family. I am very happy to announce that my husband, Paul, and I are expecting our first child. I am confident in leaving behind a strong, ethical organization, one that will continue to serve the Métis Nation in ways our future generations can be proud of. The election for the next President will be held on September 26, 2024, in Saskatoon, SK.

Thank you to my family, the Board of Governors, the MNC staff, and Métis citizens for their support. I remain committed to the Métis National Council until the election and beyond. I am proud to be Métis and have faith in the bright future of our Nation, which will achieve the dreams of our ancestors through unity.

Have a wonderful month of June and enjoy the beautiful weather outdoors!

Sincerely,  
President Cassidy Caron



## MOMENTS IN HISTORY

**June 19, 1816:** The Métis and their North West Company (NWC) allies, led by Cuthbert Grant, defeat Hudson's Bay Company (HBC) officials and Selkirk Settlers at the Battle of la Grenouillère (or Seven Oaks). The battle lasts only 15 minutes and involves fewer than 80 men. Many of the "Selkirk Settlers" leave the colony for good, but others would come back and settle permanently. The HBC tries to curb the Métis's hunting and trading practices, including with the rival NWC (to which the Métis had close family and trading ties). The Métis fly the "Red Infinity" (circle of eight) flag, which was first flown in 1815. It is the oldest patriotic flag created in Canada. The "Métis bard," Pierre Falcon composes "The Battle of Flag Plain" or "la gournouillère" / "la grenouillère"—the first Métis national anthem and the oldest patriotic song created in Canada.



For immediate release

May 23, 2024

From the Office of President Cassidy Caron

After much reflection and careful consideration, I am announcing that I will not be seeking re-election as President of the Métis National Council.

When I was elected as President in September 2021, the Métis National Council needed significant rebuilding as a National Indigenous Organization. From the outset of my term, I committed to leading this period of change and transition. And now, three years later, I am proud of what we have accomplished.

We have transformed the Métis National Council into a transparent, accountable, and effective National Indigenous Organization. We have reestablished relationships within the Métis Nation, with our colleague National Indigenous Organizations, the AFN and ITK, with the Federal and Provincial governments, and with Canadians. Most importantly, we have restored the credibility and reputation of the Métis National Council both nationally and internationally.

We have evolved the Métis National Council into an institution that serves our Métis Governments, just as our original founders intended. We have embedded collaboration into every aspect of our work. We have highlighted critical issues facing the Métis Nation, seeking innovative solutions to close socio-economic gaps. And, we have shared the many beautiful and diverse stories of our Métis Nation.

I am proud of the Métis National Council we have built, and I am confident in leaving behind a strong, functioning, and ethical organization—with exceptional and dedicated staff—for the next generation of leaders.

As the youngest person elected to serve as President of the Métis National Council, I am proud to carry forward the legacy of young Métis leaders who have served in our Nation's highest offices at a young age.

As the first elected woman to hold this office, I am also proud to stand in a matrilineal line within the Métis Nation, reinstating Métis women's voices into every aspect of our leadership. Despite facing similar challenges as other women leaders in this country, I remain undeterred. Strong, diverse voices of all generations are needed at all levels of leadership to influence the positive change that the Métis Nation and this country deserve.

As we continue to advance the aspirations of our ancestors, building a prosperous future for the next generation of Métis, I transition from this role knowing that the future of the Métis Nation is in good hands. It has been the honour of a lifetime to serve as the President and National Spokesperson for the Métis National Council and to dedicate the last three years in service to our Nation.

While I intend to continue serving in new ways, it is time for me to redirect my dedication to my growing family. I have incredible hope for our Métis communities and our next generation of Métis citizens. I am very happy to announce that I am expecting my first child and will soon be helping to bring that next generation of proud Métis into this world.

In accordance with MNC Bylaws, the leadership of the MNC has set the election date for the President of the MNC to be held on September 26, 2024, in Saskatoon, SK. While early in my pregnancy, I believe it is responsible to make this announcement today to ensure an orderly transition at the Métis National Council.

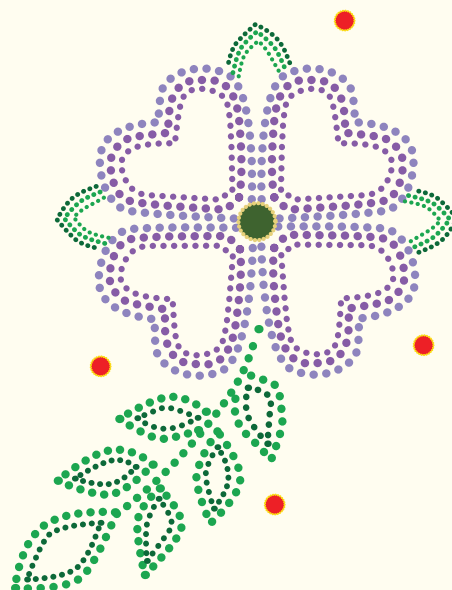
I want to thank my family, my Board of Governors, the outstanding staff at the MNC, and countless Métis citizens for their kindness and support over the last three years. I remain steadfast in my commitment and responsibilities to the Métis National Council until the election and beyond.

I am proud to be Métis. I love our Nation and our people. I have faith in the bright future awaiting the Métis Nation. It is crucial to stay united as Métis people. Through unity, the Métis Nation will achieve the dreams of our ancestors.

Sincerely,



Cassidy Caron  
President, Métis National Council



## New Hires

### Riley McKenzie



Riley McKenzie is an undergraduate student studying philosophy and biology at McMaster University where she was also on the varsity swim team.

She is both Métis and Mohawk with maternal roots in Buffalo Lake Métis Settlement and paternal roots in Tyendinaga Mohawk Territory.

Making up a third of her family's jigging group, Riley and her siblings have been performing as Prairie Fire (formerly Jaime and the jiglets) all over Canada and the U.S. Most notably at the Prime Minister's swearing in ceremony and Order of Canada investiture ceremonies. With her dance group, she has also been teaching cultural art

workshops of all kinds from a very young age, keeping her connected to her culture despite growing up as an urban Indigenous person in Ottawa.

Riley is joining the MNC to open the Indigenous Peoples Space at 100 Wellington this summer where she'll be continuing her path of teaching Métis culture to both tourists and the Ottawa community.

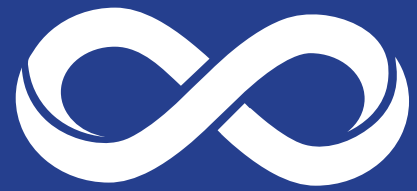


### Erin Noble (she/her) - Special Projects Coordinator

Erin is delighted to be joining the Metis National Council as Special Projects Coordinator. She brings over 5 years of administrative support experience in the legal industry to her role and looks forward to using that to support MNC's work. She also lends her administrative skills as a Director on the Boards of local community theatre companies. Erin holds a Bachelor of Arts in Drama from Bishop's University which fostered strong values in building community and social advocacy.



When not at the theatre, you can find Erin rock climbing in the Rocky Mountains, wrangling her many knitting projects, or embracing her love/hate relationship with gluten-free baking.



## CITIZEN HIGHLIGHT

Do you know a Métis citizen or group doing good in their communities? Nominate them to be highlighted in future editions of the Pemmican Post! We want to take the opportunity to show all the good work that is being done by Métis citizens across the motherland. If you have a suggestion, please send their name, contact information and mention why we should highlight this citizen to [newsletter@metisnation.ca](mailto:newsletter@metisnation.ca).

# CITIZEN HIGHLIGHT

*Akeira Anseth*

## Young Métis artist receives accolades for depiction of the Caron House

Akeira Anseth's award-winning portrait of the Caron Home

15-year-old MN-S citizen Akeira Anseth has been honoured with North Battleford's Haze Artistic Achievement Award for her painting of the Caron House. Her inspiration? Her great-grandmother Evelyn Caron was raised in the family home.

In describing her piece, the 15-year-old grade 10 student said, "The Caron home represents my culture and my family. During the 1885 resistance the house was burned down. My family chose to be resilient and rebuild the Caron home. My family chose to keep the culture alive. I hope for a future where everyone can be proud of their culture and where they came from."

We offer congratulations to Akeira on her accomplishments and wish her well as she tries out for Team Saskatchewan in volleyball!

Evelyn and Joe Boyer pictured in front of the Caron home on their wedding day, October 16, 1944.





## TRADITIONAL PLANTS CORNER

### Plantain

Indigenous people have used plantain, both internally and externally, for a variety of ailments. Internally, it has been used for kidney and bladder trouble, intestinal inflammation, excessive menstrual flow, and ulcer relief. It is also said to be a superior remedy for neuralgia.

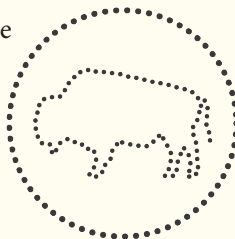
Other medicinal uses for plantain include treating hemorrhoids, dressing wounds, and healing sores. Its seeds and stems are used in a mild remedy to treat diarrhea in children. Crushed plantain leaves can also be made into a poultice for insect bites, burns, and cuts. Its crushed leaves are also used to treat those who came into contact with poison ivy and stinging nettles.



### To celebrate National Indigenous History Month here are some Métis history facts:

- **Laws of the Buffalo Hunt:** The Laws of the Buffalo Hunt were established to manage the communal buffalo hunts, which were important to the Métis economy and way of life. These laws governed various aspects of the hunt, including the organization of hunting parties, the distribution of meat, and the maintenance of order during the hunts.

[MN-S-Laws-of-the-1840-Buffalo-Hunt.pdf \(metis-nationsk.com\)](#)



- **Louis Riel's Poems:** Louis Riel also wrote poetry. His writings, which include poems and political essays, provide insight into his thoughts, emotions, and the struggles of the Métis people. These literary works are less known but are an important part of Métis cultural heritage and Riel's legacy.

[Louis Riel's handwritten poems displayed for the public | CBC News](#)

- **Red River Frame (pièce-sur-pièce de charpente) houses:** Métis Red River frame houses were well-suited to the harsh climate of the Canadian prairies, providing warmth in winter and ventilation in summer. They were also adaptable to the nomadic lifestyle of the Métis, as they could be easily disassembled and moved to a new location when needed.

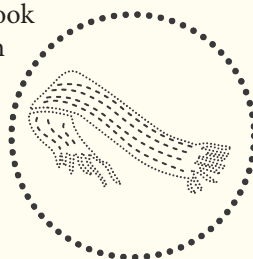
[Delorme House \(metismuseum.ca\)](#)

- **Coureur des Bois Influence:** Historically, Métis culture was influenced by the Coureur des Bois, independent French-Canadian fur traders who lived among and married Indigenous women. Their lifestyle and practices significantly shaped the Métis' way of life, including their economic activities, clothing, and social structures.

[Source: Coureurs des bois | The Canadian Encyclopedia](#)

- **The Sash (Michif: la sayncheur flayshii):** A sash usually took about 200 hours to complete. At minimum wage, that sash would be worth over \$2000. Some sashes were woven with waxed threads and were so tightly made that they could haul water short distances.

[The Virtual Museum of Métis History and Culture \(metismuseum.ca\)](#)



# KOKUM'S KITCHEN RECIPES

## Fresh Summer Macaroni Salad Itii Fray Makroonii Salaad

### Ingredients:

2/3 cups low fat sour cream  
1/3 cup light mayonnaise  
2 tbsp fresh parsley  
2 tbsp pickle relish  
2 tbsp spicy mustard  
4 cups cooked whole wheat macaroni  
2/3 cup chopped green onions  
1 cup frozen peas  
2/3 cup diced light marble cheese  
1/2 cup diced carrot  
1/2 cup green pepper  
1/2 cup diced celery  
1/2 cup diced lean ham

### Instructions:

- Combine the first 5 ingredients in a large bowl.
- Add macaroni and remaining ingredients.
- Coat with dressing.
- Keep chilled before serving.

*Source: Métis Cookbook and Guide to Healthy Living 2nd Edition*



## ONE NATION, MANY STORIES

Monthly updates from the Governing Members

### Métis Nation of British Columbia

BC Aboriginal Child Care Society (BCACCS), Early Childhood Educators of BC (ECEBC), Métis Nation BC (MNBC), and the Coalition of Child Care Advocates of BC (CCCABC) - while different organizations with distinct mandates, we recognize our shared priorities and stand together, with a stronger voice, to advocate for all Early Learning and Child Care professionals across British Columbia.

We begin by offering gratitude for the places where this work is happening, the traditional territories all across this land, and recognition of the inherent rights and jurisdiction of Indigenous governments and governing bodies over the care and education of young children. This gratitude and recognition are critical starting points, as we celebrate May as Child Care Month and acknowledge the significance of quality early learning and child care as a service that is essential to the health and well-being of community.

**Congratulations on the grand opening of the Métis Financial Corporation of BC's new office in Kelowna!** Board members and senior staff were on-site to officially open the office for business.

Canada's fastest-growing Aboriginal Financial Institute, MFCBC was established to assist Métis entrepreneurs create a new business, expand their existing business or acquire an established business. The Métis Financial Corporation of BC's vision is to be Métis entrepreneur's financier of choice and to position Métis entrepreneurs and businesses to fully participate in new and future economic opportunities.

MFCBC offers a range of core programs that can help Métis entrepreneurs and business owners thrive, some programs include:

**First-Time Home Buyers Program:** Helping Métis individuals and families achieve their dream of homeownership with specialized financing options and support.  
**Core Business Financing:** Providing flexible and competitive financing solutions to support the startup, acquisition, or expansion of Métis-owned and operated small businesses.

**Métis Women's Entrepreneur Program (Coming Soon!):** Empowering Métis women to pursue their entrepreneurial ambitions through targeted support, resources, and mentorship opportunities.

MFCBC believes in the power of entrepreneurship to drive positive change and create opportunities for our community. Read more about MFCBC here: <https://mfcbc.ca/>



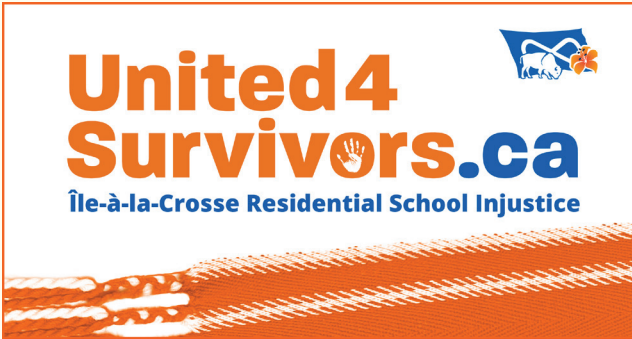
**Opinion: The rights of Métis are not being respected or upheld in BC**

Read full Daily Hive article here: <https://dailyhive.com/vancouver/metis-nation-bc-rights-opinion>

**Métis Nation – Saskatchewan**

**Award-winning documentary screened in community of origin**

Indigenous Geographic, with the support of Métis Nation–Saskatchewan (MN–S), is bringing its award-winning documentary short, ‘Waiting for Justice’ to the community where the story began – Île-à-la-Crosse



on May 6. Residents will also have an opportunity to speak to MN–S and the legal team calling for justice on behalf of the Survivors. This is the first of several screenings of ‘Waiting for Justice’ in Canada. Watch the documentary and find out how you can help at <https://www.united4survivors.ca/>

**MN–S hosts first Métis environmental conference in Saskatoon**

Métis people are stewards of the land with generations of traditional knowledge and insights into best practices and conservation methods. At a time when we see the effects of climate change on our world, MN–S is proud to bring citizens together for “Wesaketewenowuk: A Conference on Métis Environmental Leadership”. The gathering is in Saskatoon this June 8 and 9. Be a part of the conversation to develop Métis-led solutions that respect our land. Registration is open until May 17 at <https://metisenvironmentconference.eventbrite.ca>.



**Send newsletter enquiries to:**

**[newsletter@metisnation.ca](mailto:newsletter@metisnation.ca)**

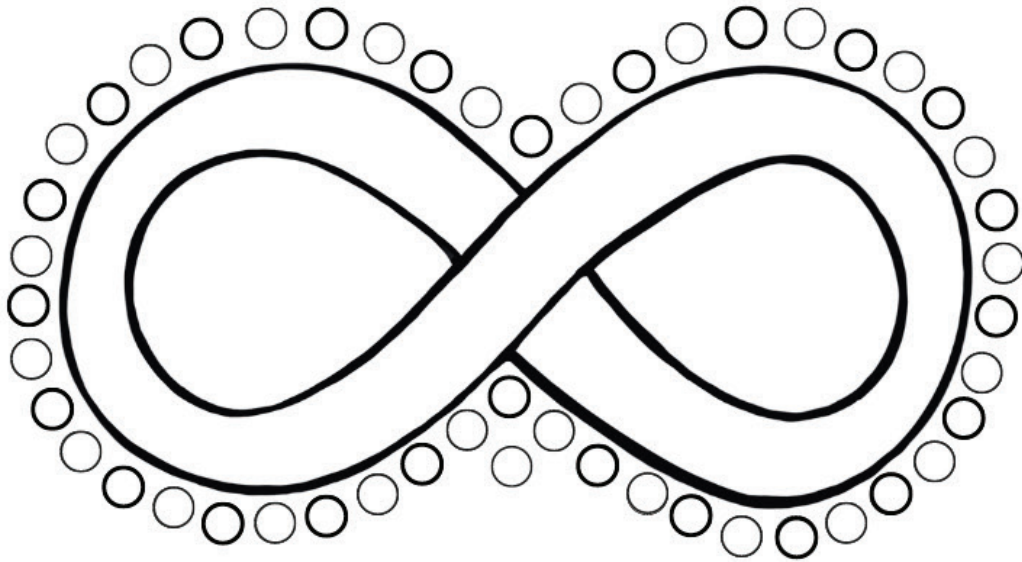


# JUNE



*is*

Indigenous History Month



**June**

English

**Pâskâwîhôwipîsim**

Northern Michif

**Jwaen**

Southern and French Michif

